

This Month's Feature

Fall into North Carolina Agriculture

The air is getting cooler and that means our fall harvest is coming into market. North Carolina has so much delicious produce available this time of year. Our apples are being picked in the mountains and pumpkins can be seen all across our fields. We have leafy greens, cabbage and Muscadine grapes as well. This is a great time to bake all that warm and cozy comfort food we all enjoy this time of the year.

This is also the best time of the year for planting in North Carolina. Our green industry is overflowing across the state. We have nurseries and garden centers with all the instruction you will need to help you establish your yard in the fall and watch it bloom in the spring. Take advantage of the websites at the bottom of the page for more how to and planting information.

Great choices for Fall Planting

Mums	Pansies
Asters	Shrubs
Snap Dragons	Azaleas
Jump-ups	Trees

Container Gardening

- Make sure your container is large enough for your plants and has a drainage hole
- Choose a variety of shapes, sizes and color
- This can be something you change seasonally and as you do, move the plants to your yard.
- Most importantly, keep it watered. Normally, you would water it every 3 days and adding mulch to the top will help.
- Water the soil, not the plant
- Pick plants that will work in the location of your container.

This is project you can have a lot of fun with and not be overwhelmed especially if you are new to gardening.

Planting Trees or Shrubs – Red Bud Tree (native to NC and can withstand heat)

- Wider is better than deeper when you are digging your hole for planting. You want the hole to be 2 to 3 times the width of the container
- The plant should also be an inch or 2 above the ground
- Mix the original soil with your soil conditioner
- When planting trees or shrubs you don't have to fertilize them or use a fertilizer with little to no nitrogen
- Break up the root ball, cut the roots with a sharp knife or hit them with your shovel
- Water it well once it is planted. Once every 3 days until you start to see a change.
- Water the soil, not the plant
- Mulch it! This helps keep the moisture in the ground and prevents weeds.

Planting in the fall allows the trees and shrubs to get established well before the spring/summer heat and possible drought.

These are only a few tips concerning fall planting. Refer to the websites and talk to the professionals when purchasing your plants. Remember, you can always move

something if you don't like it or if it doesn't take to that area. Make it fun, not a chore. Enjoy your yard!

Planting Websites

www.TarHeelGardening.com

Muscadine Apple salad with pecans

1 cup NC Muscadine grapes cut into quarters and seeded
1 NC granny smith apple, cored, halved and thinly sliced
¼ cup NC pecans coarsely chopped and toasted
¼ cup crumbled blue cheese (optional)
2 celery stalks, thinly sliced
1-tablespoon white-wine vinegar
1-tablespoon extra-virgin olive oil
Salt and pepper to taste

In a large bowl, combine the grapes, apples, pecans, blue cheese, celery, vinegar and oil. Season with salt and pepper and toss to combine.

PERSONAL Note: This recipe is so easy and fresh. It is a great addition to grilled chicken or pork. Try it with different NC apples to change up the taste.

Harvest Apple Sundae

1 NC apple of your choice, cored, halved and thinly sliced
2 tablespoons butter
1 ½ tablespoons brown sugar
Cinnamon to taste

Melt your butter in a small sauté pan and add the brown sugar. Toss your apples in the mixture and sprinkle with cinnamon. Let simmer on med.-low for 5-10 minutes. Serve over Vanilla ice cream with caramel sauce and a shortbread cookie.

PERSONAL Note: This is a quick and easy dessert and it's a great way to get a fruit in at the end of the day. This is also a great topping with pork

Honey Pecan Tart

Crust

¼ cup heavy cream
1 large egg
1 large egg yolk
½ teaspoon vanilla extract
2 1/3 cups all-purpose flour, plus more for surface
½ cup sugar
1-teaspoon baking powder
5 ounces (1 ¼ sticks) cold unsalted butter, cut into small pieces

Filling

½ cup sugar
½ cup pure NC honey
¼ cup wildflower honey
1-teaspoon salt
6 ounces (1 ½ sticks) unsalted butter, cut into small pieces
½ cup heavy cream
1 large egg
1 large egg yolk
1 ½ cups pecan halves

To make the crust: whisk cream, egg, yolk, and vanilla in a medium bowl. Pulse flour, sugar, salt, and baking powder in a food processor to mix. Add butter, and pulse until mixture resembles coarse meal. With the machine running, add cream mixture, and process until dough just comes together. Shape ¾ of the mixture into a disk and the other ¼ into a small disk. Wrap each in plastic wrap and refrigerate until firm about 1 hour; reserve the small disk to make cookies. (Dough can be refrigerated for up to 2 days or frozen for up to 3 months; thaw before using.)

Preheat oven to 325 degrees. On a lightly floured surface with a lightly floured rolling pin, roll dough to ¼ inch thickness. (If dough is soft and sticky, transfer to a baking sheet and freeze until firm but pliable, about 5 minutes.) Cut out a 12 inch round, and fit in into a fluted 10-inch tart pan with a removable bottom. (Patch any tears with scraps of dough.) Freeze while making the filling (or cover and freeze for up to 3 days).

To make the filling: Bring the sugar, honeys, and salt to a boil in a medium saucepan, whisking until sugar dissolves. Add butter, and whisk until incorporated. Transfer honey mixture to a medium bowl, and let cool for 30 minutes. Whisk in cream, egg, and yolk until incorporated.

Place the tart pan on a rimmed baking sheet. Scatter pecans over bottom. Slowly pour filling over pecans, redistributing the pecans evenly with your fingers. Bake until crust is golden brown and center is set but still slightly wobbly, about 1 hour. Transfer tart pan to a wire rack, and let cool completely. Remove from pan, and serve immediately.

PERSONAL Note: My inspiration for this recipe came from Martha Stewart Living Magazine, September 2008. To infuse this recipe with the goodness of NC, I added NC pecans and NC pure honey and wildflower honey. This is like eating a honey pecan pie with a shortbread crust.